



Golden Pumpkin & Israeli Couscous Medley

with Hazelnuts & Plant-Based Basil Pesto Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



White Turnip



Peeled Pumpkin Pieces



Aussie Spice Blend



Israeli Couscous



Vegetable Stock Powder



Plant-Based Basil Pesto



Plant-Based Mayo



Baby Spinach Leaves



Roasted Hazelnuts



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Plant Based

Quick and easy, that's the best kind of dinner. Roast the pumpkin in our Aussie spice blend, then whip up a couscous and have it ready to be gobbled down in no time at all. Top it off with a plant-based basil pesto mayo to ensure there won't be any crumbs left.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
white turnip	1	2
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
Aussie spice blend	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
plant-based basil pesto	1 packet (50g)	1 packet (100g)
plant-based mayo	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
roasted hazelnuts	1 packet	2 packets
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	558kJ (133Cal)
Protein (g)	16g	3.7g
Fat, total (g)	30.9g	7.1g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	58.1g	13.3g
- sugars (g)	15.4g	3.5g
Sodium (mg)	1181mg	270mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4440kJ (1061Cal)	755kJ (180Cal)
Protein (g)	38.5g	6.5g
Fat, total (g)	62.7g	5.9g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	83g	14.1g
- sugars (g)	16.9g	2.9g
Sodium (mg)	2035mg	346mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **onion** into thick wedges. Peel **white turnip**, then cut into small chunks.
- Place **onion** and **turnip** on a lined oven tray. Place **peeled pumpkin pieces** and **Aussie spice blend** on a second lined oven tray. Season both trays of **veggies** with **salt** and drizzle with **olive oil**.
- Toss to coat, spread out evenly, then roast veggies until tender, **25-30 minutes**.



Make the basil pesto mayo

- In a small bowl, combine **plant-based basil pesto** and **plant-based mayo**. Set aside.
- To the saucepan of **couscous**, add **baby spinach leaves**, roasted **turnip** and **onion** and a drizzle of **balsamic vinegar**. Stir to combine. Season to taste.



Cook the couscous

- While the veggies are roasting, boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and return **couscous** to the pan.
- Add **vegetable stock powder** and a drizzle of **olive oil**. Stir to combine.

Custom Recipe: If you've added plant-based chicken tenders, before cooking the couscous, heat the saucepan with oil as above. Cook plant-based chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate. Continue with step.



Serve up

- Divide Israeli couscous medley between plates.
- Top with roasted pumpkin and plant-based basil pesto mayo.
- Sprinkle with **roasted hazelnuts** to serve. Enjoy!

Custom Recipe: Top with the plant-based chicken tenders to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate